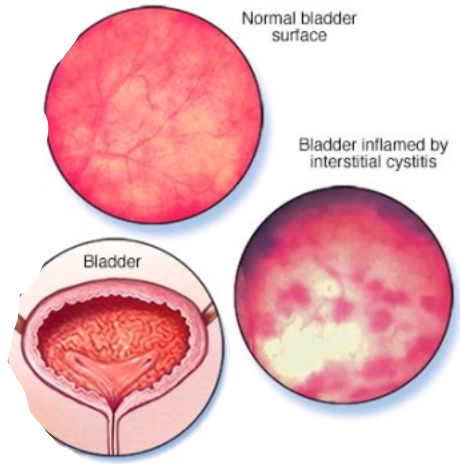
Cystitis

Cystitis **collection of urinary symptoms**, including dysuria , urinary frequency and urinary urgency caused by **inflammation of the urethra and bladder**. Bacterial infection is found in 50% of cases, most commonly **E coli, often from the GIT.**



Cystitis is common in women but rare in men Some people may be sensitive to chemicals contained in certain products, such as bubble bath, feminine hygiene sprays or **spermicidal jellies**, which may develop a reaction within the urethra or bladder, causing inflammation and 'chemical cystitis'.

About half of the cases will resolve within 3 days even without treatment. Non-antibiotic over-the-counter (OTC) products are available, and in some areas of the United Kingdom (UK), antibiotics can be supplied through a patient group direction (PGD).

Cystitis

What you need to know ?

- Age
- Adult or child
- Female or male Pregnancy
- Symptoms
- Urethral irritation
- Urinary urgency and frequency Dysuria (pain on passing urine) Haematuria (blood in the urine) Vaginal discharge
- Upper urinary tract infection (UTI) symptoms Back pain
- Lower abdominal (suprapubic) pain Fever, chills
- Nausea/vomiting
- Duration
- Previous history
- Diabetes
- Relationship to sex
- Menopausal symptoms
- Medication
- Bath toiletries, vaginal sprays/deodorants
- When to refer
- All men, and children under 16 years of age Pregnancy
- Fever, nausea/vomiting
- Loin pain or tenderness
- Haematuria
- Vaginal discharge
- Duration of longer than 2 days Recurrent cystitis

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Cystitis

Management :

- A-Non-pharmacological advice:
- Patients should be advised to drink about 5 L of fluid during every 24-h period.
- This will help promote bladder voiding, which is thought to help ‘flush’ bacteria.
- out of the bladder
- B-Pharmacological treatment:
- The acidic urine is thought to be responsible about dysuria such as
- alkalinizing agents
- treatment is limited to products that contain
- OTC
- e.g. of preparation
- Sod. Citrate, Sod. Bicarbonate and Potassium citrate
- available in Iraq is Citrogran® effervescent granules.
- 2-Product taste: The taste of potassium citrate mixture is unpleasant. Patients
- should be advised to dilute the mixture with water to make the taste more palatable
- Failed medication

Case # 6

Patient: Hi, I'm newly married and 21 years old. I've been experiencing discomfort and frequent urination. I think I might have cystitis. Can you help me?

Pharmacist:It sounds like cystitis , do you have other symptom ,if you not ,To help with the symptoms, you can take phenazopyridine (Uricept) twice a day for pain relief, but it may cause your urine to turn red. Also, use effervescent potassium citrate powder (Ural) as directed to make your urine less acidic and reduce discomfort. Drink plenty of water and avoid irritants like caffeine and spicy foods.and urinating after sexual intercourse to reduce infection risk

Patient:Thank you. How soon should I see a doctor?

Pharmacist: If your symptoms worsen or you develop a fever, back pain, or blood in your urine, seek medical attention immediately.

Patient:Thanks for your help!

Pharmacist: You're welcome! Feel better soon, and come back if you have any more questions.

Home work

A young man asks if you can recommend a good treatment for cystitis. Upon further questioning, you learn that the medicine is for himself: he has been experiencing pain while urinating since yesterday. He feels otherwise well and has no other symptoms. He hasn't tried any treatments yet and is not currently taking any medications.

a) your role as pharmacist.

b) Describe the possible causes of cystitis in young men

C) Suggest lifestyle and dietary changes that could help prevent future occurrences of cystitis.

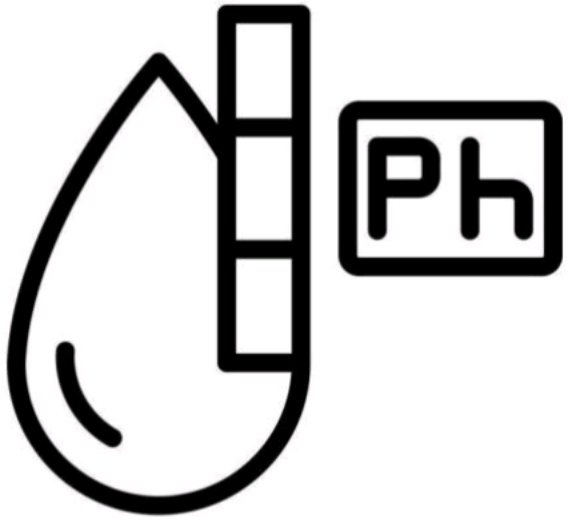
7.5-Other preparations for urinary disorders

7.5.1-Alkalinisation of urine

1-The alkalinising action may relieve the discomfort of cystitis caused by lower urinary tract infections.

2-Prevention of uric acid stones is also an indication for alkalinisation of urine.

3-Potassium Citrate and sodium bicarbonate are used for this purpose.



Drugs for Alkalinisation of urine

Sodium citrate , citric acid , sodium bicarbonate , tartaric acid .

Granules

Citrogran®

Potassium , Sodium , Hydrogen , citrate

Powder

Uralyt-U® (MADAUS)

Vardea Khellin , Cymbogon proximus nafil

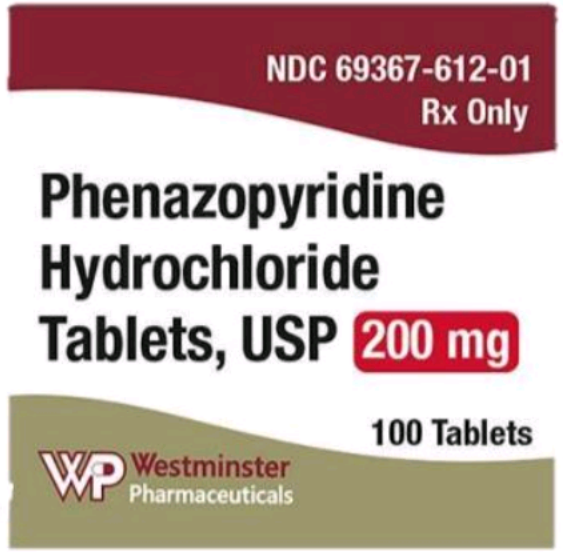
Powder

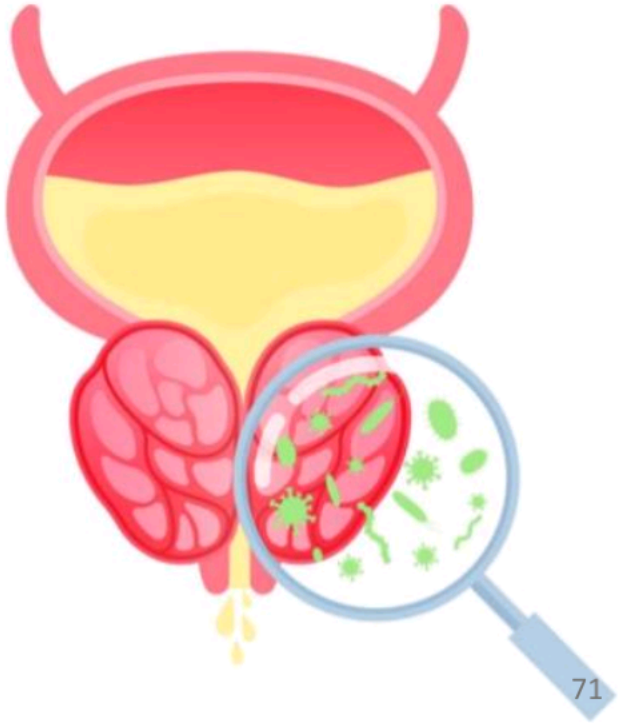
Kellagon®

7.5.2-Phenazopyridine

A-Phenazopyridine exerts an analgesic effect on the mucosa of the urinary tract and is used to provide symptomatic relief of pain and irritability in conditions such as cystitis and prostatitis , and urethritis. It is given after food. It cause discoloration of urine.

B-Important : If given with an antibacterial for the treatment of urinarytract infections , treatment should usually not exceed 2 days . (Urinary analgesics also may mask signs and symptoms of UTIs not responding to antimicrobial therapy) .





7.5.3- Rowatinex®

A-A terpene mixture **(Rowatinex®)** is claimed to be of benefit in urolithiasis (stone) for the expulsion of calculi.

B-It is given before food .

terpene mixture - Rowatinex® (Rowa) - Soft gelatin capsule

لتعرفون الاسم والاستخدام

Phenazopyridine - Urisept® - Tablet

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Home work

Case Study: BPH Patient with Hypertension Needing OTC Medication

You are a pharmacist, and a customer comes into the pharmacy. He has been diagnosed with (BPH) and hypertension. Due to financial constraints, he is seeking an (OTC) medication to help manage his symptoms.

Patient Information:

- Male, 68 years old
- Diagnosed with BPH and hypertension
- Limited financial resources

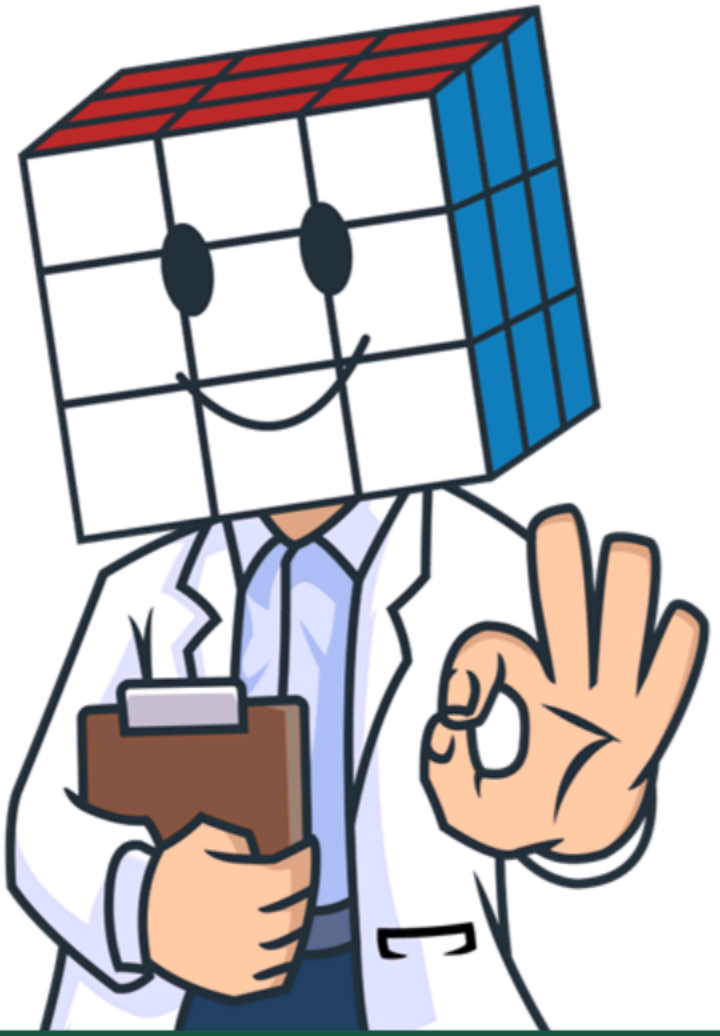
Questions :

1. What OTC medications are available for managing BPH symptoms? Discuss their effectiveness and any potential side effects.

2. Hypertension Considerations:

- How might the patient's hypertension affect his choice of OTC medication for BPH? Are there any OTC medications that should be avoided due to potential interactions or side effects?

3. What lifestyle changes or non-pharmacological recommendations can you suggest to help manage his BPH symptoms alongside OTC medication?

provide concise and clear answers to the questions above, considering the patient's financial limitations and health conditions.

THANK YOU